

Abstract

Title: Fitness training and its evaluation in the amateur football

Objectives: There are two goals of this thesis – fitness evaluation of the amateur-level football team using fitness tests and increase of knowledge of fitness training using survey for football trainers.

Methods: Information about fitness training was compared based on the analysis of professional literature. A survey for football trainers was created and suitable tests for evaluation of physical fitness in endurance training were selected. This selection was based on professional literature.

Results: The results concluded in this thesis were based on two goals. The first part of results contains results from the survey, which was used to analyze opinions of trainers of amateur football. These trainers fully agreed on two questions only. First question was about a use of fitness trainers for amateur level football. No respondent uses this approach. The second question was about use of tools for fitness training. Here, on the other hand, all respondents use such tools. Answers on other questions differed. Questions were mostly about inclusion of a fitness training during the week, preferences for fitness or technical training, use of physical prerequisites in two parts of the season, creation of a training plan and use of fitness trainings. The second part of results contains four suitable tests for evaluation of physical fitness. The four tests are the following: Cooper test (evaluates endurance), Linear sprint test (evaluates speed), Agility test (evaluates coordination and speed) and Czech “Test čtyřskoku z nohy na nohu” test (evaluates strength of the lower limbs). These tests were selected based on parameters and results from authors who created them.

Keywords: Fitness training, fitness preparation, fitness tests, training unit, amateur football.